

LOUDOUN COUNTY  
DEPARTMENT OF PARKS,  
RECREATION AND  
COMMUNITY SERVICES

Area Agency on Aging  
Director  
Dr. Lynn Reid

MAIN NUMBER  
703-777-0257

**SENIOR SERVICES**

Program Manager  
Debra Williams

**SENIOR ACTIVITY  
CENTERS**

Dulles South  
571-258-3883

Leesburg  
703-737-8039

**ADULT DAY CENTERS**

Manager, Cheryl Flowers  
Leesburg  
703-771-5334

Manager, Megan Carriere  
Purcellville  
571-258-3402

**ELDER RESOURCES**

Program Manager  
Kathryn VanCuren  
703-777-0257

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Area Agency on Aging 215 Depot Court, SE Leesburg, VA 20175

# Silver Star

VOLUME 5, ISSUE 11



MAY 2010

## Celebrating You!

Area Agency on Aging  
Spring Recognition Event 2010



### Celebrate You



The Loudoun County Area Agency on Aging (AAA) invites you to attend the 2010 Spring Recognition Event to celebrate our Outstanding Volunteers & Amazing Seniors.



**Celebrating You!**  
**Friday, May 28**  
**1:00 - 4:00pm**  
**Lansdowne Resort**

AAA volunteers registered with more than 10 hours of service between July 1, 2009 to April 1, 2010 will receive a complimentary ticket in the



mail. All others may purchase an admission ticket for \$15.

Enjoy savory food, dancing, music, and festivity with Volunteer Stars and Seniors. Volunteers will receive their Year of Service Pin Award for 1, 5, 10, 15, 20 & 25 years.

Wear your "Sunday Best".

Volunteers please call Jackie Mayne by Friday, May 14th to make your reservation, 703-777-0358 and all others please stop by the senior center to purchase a ticket between May 14th through May 24th. Limited transportation is available.



### MEMBERSHIP RENEWAL SOON APPROACHING

Memberships to Leesburg Senior Activity Center and Dulles South Senior Activity Center expire on Wed., June 30th, 2010. Effective July 1, 2010 membership fees will increase from \$20 to \$25 for county residents and from \$25 to \$37.50 for non-county residents. Next month the membership form will be inserted in the newsletter for you to return.

# Adult Day Centers - Leesburg & Purcellville



**ADULT DAY CENTER AT LEESBURG**  
**Manager, Cheryl Flowers 703-771-5334**

Adult Day Centers provide activities and services for seniors with memory problems or various physical needs. These services provide a safe, social environment, therapeutic activities, individualized personal care; adults are assisted to maintain and enjoy their independence and abilities.

Assisting these sen-

iors throughout the day provides caregivers well deserved time for respite. Sliding-scale fees apply. Limited door to door transportation is available to and from the center in Leesburg to Leesburg, Sterling and Ashburn areas, and from the center in Purcellville to Purcellville, Round Hill, Hamilton and other surrounding areas.



**ADULT DAY CENTER AT CARVER**  
**Manager,**  
**Megan Carriere**  
**571-258-3402**

For questions about the Leesburg Adult Day Center call 703-771-5334, or Carver Adult Day Center at 571-258-3402.

**View our Adult Day Center video on our AAA website; go to [www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)**

**View our Adult Day Center Video at**

**[www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)**

## Support Groups

### **Alzheimer's Caregiver Support Groups**

**Adult Day Center - Carver** 200 Willie Palmer Way, Purcellville, VA 20132  
 First Wednesday of each month 7:00p.m.

**Galilee United Methodist Church**  
 45425 Winding Road, Sterling, Virginia 20165  
 Second Monday of each month 7:00p.m.

**Contact Dee Steubing at 703-430-9229**

For information on Alzheimer's Support Groups outside Loudoun County please call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or toll-free 1-800-272-3900 or on-line [www.alz.nca.org](http://www.alz.nca.org)

*For more support groups in your area contact your local Adult Day Center or your Senior Centers.*

# SENIOR ACTIVITY CENTER AT LEESBURG

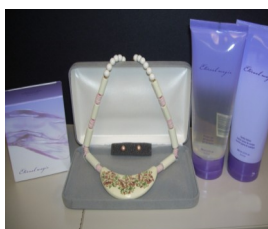
**215 Depot Court  
Leesburg, VA 20175  
703-737-8039**



# NEWS FROM THE LEESBURG SENIOR CENTER ADVISORY BOARD

The Board last came together on Thursday, April 1 at 2:00 PM.

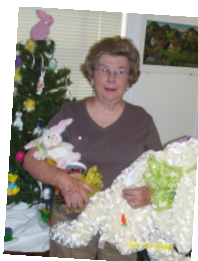
**IN TIME FOR MOTHER'S  
DAY RAFFLE  
ATTRACTIVE  
NECKLACE/ EARRING SET  
WITH PERFUME, SHOWER  
GEL AND LOTION.**



Tickets \$1. or 6/ \$5. Winner to be announced on May 7th.

The winner of our Butterfly Quilt raffle was Jeff Hedrick.

Joyce Fields came the closest to guessing the number of jelly beans in the jar winning the prize of a large stuffed rabbit. Congratulations to both of you!



Our wish for all mothers this month is a beautiful Mother's Day!

The next meeting of the Board will take place on Thursday, May 6 at 1:30 PM.

## La Nuit - Dinner out with Friends

### Eiffel Tower in Leesburg, VA

**Tuesday May 4th**  
**Social Hour: 5:00**  
**Dinner: 6:00pm**  
**Reservations**  
**Call 703-737-8039**



## Senior Expo

**Thur., May 6th**



**1:45 pm Bus departs  
Center**  
**2:00 pm Booth set-up**  
**3:00 pm Expo begins**

**6:30 pm Bus departs**

**6:45 pm Bus returns to center**

\$1.00/ per person. Sign up at front desk.

# Mother's Day Magnolia Event

**Tues., May 11th**  
**11:30am**



Dan Chute will be performing on his guitar and singing old favorites.

Mother's and Guest will be treated to a fabulous chicken dinner at the lunch hour.  
Reservation required by May 7th, 2010.  
Rectrac #327694-01. Cost \$3.00

## Book Club

## “The Night in Lisbon”

**Author: Erich Maria Remarque**  
**Wed., May 12th 10:00 AM**

Copies of the book are available at the front desk. Pick up your copy today.







Congratulations to the Volunteers who make up the Senior Activity Center at Leesburg Advisory Board who were nominated for Outstanding Volunteer group of the year for 2009. This group, under the direction of Joy Wheeler, President, has assisted with our special events each month and help with set up, serving and clean up. This is a real asset to our Senior Center since we have been operating with a staff shortage for over a year. Their framed certificate is visible on the wall in our center.

**History Club Guest Speaker**  
**Ben Zielke talks All About BC**  
**Friday, May 14th**



**Celebrate your May Birthday with us!**  
**Wednesday, May 19th**

Please call ahead by noon before  
April 20th for lunch reservations



## MARCH BIRTHDAY PARTY!

On March 24th, 2010 the Leesburg Senior Activity Center celebrated birthdays for the following members: Row 1 (LtoR) Charleen Sciolaro, May MacLeod, Suzette Simpson. Row 2 (LtoR) Mary Ward, Mary Weaver, Joan Jones, Ann McGlynn, Charlotte Benjamin and Mary Frances Townsend.



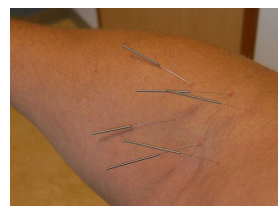
## LUNCH BUNCH

Thur., May 20th 11:30am

**Red Apple, Leesburg, VA**

Bus transportation fee for this event will be \$1. per person, lunch purchase is on your own.

## Guest Speaker Holistic Treatments: Focus on Acupuncture & Chiropractic Medicine



**Fri., May 21st 10:30am**

Acupuncture is the procedure of inserting and manipulating needles into various points on the body to relieve pain or for therapeutic purposes. Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, such as back pain, neck pain, pain in the joints of the arms or legs, and headaches. Come attend this educational presentation regarding these two holistic approaches to medicine.



**Celebrating You!**

**Friday, May 28**

**1:00 - 4:00pm**

**Lansdowne Resort**

**See front cover for details.**

## Summer Trip and Activity Registration Begins



**Wednesday, June 2nd—9:00 AM**

Seniors may register for any trip or activity listed in the Summer Brochure or the Trip and activity listings in this Newsletter by going to any community center or senior center in Loudoun County. Registration begins at 9:00 AM on a first-come/first-serve basis.

# Leesburg Senior Center Activity Center

## Senior Programs

### Wed., May 5th 9:30am Inova Health Van 1st Wednesday of each month

Blood pressure checks & lab tests, some with fees

### Wed., May 5th 9:30am Hearing Aid Help 1st Wednesday of each month

Joan Cassidy, representative with the Virginia Resource Center for the Deaf and Hard of Hearing, will present quarterly info on resources and devices available to assist with mild to severe hearing loss.

### Thurs., May 6th 2pm Leesburg Senior Activity Center Advisory Board Meeting

Members of the Leesburg Senior Activity Center Advisory Board meet to discuss concerns and issues about the Senior Center.

### Thurs., May 6th 2:30pm Senior Expo

Bus departs at 1:45pm and cost \$1. for transportation.

### Mon., May 10 9:30am Mon., May 24 9:30am Investors Discussion Group

Meeting 2nd & 4th Monday of every month.

### Tues., May 11 11:30am Mother's Day Event

Celebrate this special day with a fabulous chicken luncheon. Cost \$3.00 327694-01

### Wed., May 12 10am Book Club

"The Night in Lisbon" by Erich Maria Remarque

### Thur., May 13th 11am Diabetes Support Group

Type I, Type II, or Borderline. Come share in the discussion to help you live a better, healthier & active life. Learn some new ideas & products. Leader: Doris.

### Thurs. May 13th and Thur. May 27th 1:30pm King & Queens Chess Club

Intergenerational activity. Home-schooled children play chess with our senior center members.

### Fri., May 14th 10:30am Guest Speaker History Club

Ben Zielke will be our guest speaker and the topic will be About BC.

### Wed., May 19th 12:30pm

Come Celebrate your May birthday with us.

### Thur., May 20th 11:30 Lunch Bunch At Red Apple in Leesburg, VA

Bus fee will be \$1 per person, lunch purchase is on your own.

### Fri., May 21st 10:30am Guest Speaker Holistic Treatments: Focus on Acupuncture & Chiropractic Medicine

Chiropractic care is used most often to treat neuromusculoskeletal complaints, such as back pain, neck pain, pain in the joints of the arms or legs, and headaches.

### Mon., May 24th 12:30pm White Elephant Bingo

Bring a new gift in a sealed gift bag for your admission to the game.

### Fri., May 28th 10:30am Celebrate You!

Spring Recognition Event to celebrate our Outstanding Volunteers & Amazing Seniors. AAA volunteers registered with more than 10 hours of service between July 1, 2009 and April 1, 2010 will receive free tickets. All others may purchase their tickets for \$15.

**One on One Support w/ Kathy Kehoe,** Elder Case Manager of the Area Agency on Aging; by appointment; 703-737-8741. Confidential supportive counseling for aging issues.

### SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court SE  
Leesburg, VA 20175  
703-737-8039

### Mon., May 3 9:30am Headline & Footnotes

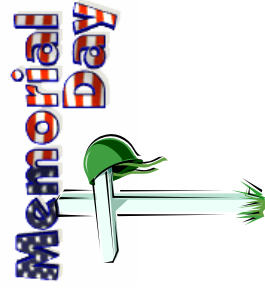
Bring a cup of coffee & join us for Headlines & Footnotes. We meet every first & third Monday from 9:30-10:45am.

### Tues., May 4th 5pm La Nuit - Dinner Out Eiffel Tower

Enjoy Dinner and good conversation with new friends.



# Senior Activity Center at Leesburg



## MAY 2010

Open Monday—Friday 8:30am—5:00pm

### Monday

**3**  
9:00am Stitch-In & Sewing  
9:00am Computer Assistance  
**9:30am Headlines & Footnotes**  
10:30am Bid Whist  
10:30am Walking Club  
10:30am Giant Crossword Puzzle  
10:45am Tai-Chi with Sucha  
**12 noon Lunch-RR-Donation**  
12:30pm Stretch & Tone  
12:45pm Pinochle  
1:00pm Mahjongg  
1:00pm Art Studio  
1:00pm Bowling  
2:00pm Rummikub

### Tuesday

**4** *Dinner Out*  
9:00am Coffee Chat  
**9:00am Beginning Bridge RR**  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:30am Yoga with Nargis  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Giant  
1:00pm Party Bridge  
**5:00pm La Nuit-Dinner Out at Eiffel Tower in Leesburg RR**

### Wednesday

**5** *Inova Van*  
9:00am Wii  
**9:00am Inova Van**  
10:00am Internet Basics RR  
**10:00am Hearing Aid Help**  
10:00am Conversational Spanish  
10:30am Current Events  
**11:00am Advanced Spanish RR**  
11:00am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
12:30pm Ceramics  
1:00pm Line Dancing  
2:00pm Ballet Stretches  
2:00pm Fast Bingo with Pat

### Thursday

**6** *Advisory Board Senior Expo*  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
11:00am Stretch & Tone w/ Mary  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg  
12:45pm Pinochle  
**1:30pm Leesburg Senior Activity Center Advisory Board Meeting**  
**2:30pm Senior Expo RR**  
3:00pm Wii and Popcorn

### Friday

**7**  
8:30am Table Tennis  
9:00am Coffee Chat  
9:00am Crochet Club  
9:00am Stitch'n B Club  
10:00am Progressive Rummy  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Blanche  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
3:00pm Wii and Popcorn

### 10

9:00am Coffee Chat  
9:00am Stitch-In & Sewing  
9:00am Computer Assistance  
**9:30am Investors Discussion**  
10:30am Bid Whist  
10:30am Walking Club  
10:30am Giant Crossword Puzzle  
10:45am Tai-Chi with Sucha  
**12 noon Lunch-RR-Donation**  
12:30pm Stretch & Tone  
12:45pm Pinochle  
1:00pm Mahjongg  
1:00pm Art Studio  
1:00pm Bowling  
2:00pm Rummikub

### 11 Mother's Day

9:00am Coffee Chat  
**9:00am Beginning Bridge RR**  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:30am Yoga with Nargis  
**11:30am Mother's Day RR**  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Shoppers Food Warehouse  
1:00pm Party Bridge

### 12 Book Club

9:00am Wii  
10:00am Internet Basics RR  
10:00am Conversational Spanish  
**10:00am Book Club**  
10:30am Current Events  
10:30am Walking Club  
**11:00am Advanced Spanish RR**  
11:00am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
12:30pm Ceramics  
1:00pm Line Dancing  
2:00pm Ballet Stretches  
2:00pm Fast Bingo with Pat  
2:30pm Tap Dance

### 13 Diabetes Support

9:00am Coffee Chat  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
11:00am Stretch & Tone w/ Mary  
**11:00am Diabetes Support Group**  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg & Pinochle  
**1:30pm King & Queens Chess Club**

### 14 History Club

8:30am Table Tennis  
9:00am Coffee Chat  
9:00am Crochet Club  
9:00am Stitch'n B Club  
10:00am Progressive Rummy  
**10:30am Guest Speaker - History Club - All About BC**  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Blanche  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
3:00pm Wii and Popcorn  
**8:00pm Beaux & Belles**



<b>17</b> 9:00am Stitch-In & Sewing <b>9:30am Headlines &amp; Footnotes</b> 10:30am Bid Whist 10:30am Walking Club 10:30am Giant Crossword Puzzle 10:45am Tai-Chi with Sucha <b>12 noon Lunch-RR-Donation</b> 12:30pm Stretch & Tone 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	<b>18</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wegmans 12:30pm Video "Young at Heart" 1:00pm Party Bridge	<b>19 May B-Day</b> 9:00am Wii 10:00am Internet Basics RR 10:00am Conversational Spanish 10:30am Walking Club <b>11:00am Advanced Spanish RR</b> 11:00am Bible Study w/ Bill <b>12 noon Lunch-RR-Donation</b> <b>12:30pm May Birthday Party RR</b> 1:00pm Line Dancing 2:00pm Ballet Stretches 2:00pm Fast Bingo 2:30pm Tap Dance	<b>20 Lunch Bunch</b> 9:30am Coffee Chat 9:30am Yoga and Laughter 10:00am Goose Creek Bridge 10:00am Texas Hold'em 11:00am Stretch & Tone w/ Mary <b>11:30am Lunch Bunch—RR</b> <b>Red Apple Leesburg</b> <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle 3:00pm Wii and Popcorn	<b>21 Guest Speaker</b> 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 10:00am Progressive Rummy 10:30am Scrabble <b>10:30am Guest Speaker - Holistic Medicine Focus on Acupuncture</b> <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Blanche 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs
<b>24 WHITE ELEPHANT</b> 9:00am Stitch-In & Sewing <b>9:30am Investors Discussion</b> 10:30am Bid Whist 10:30am Walking Club 10:30am Giant Crossword Puzzle 10:45am Tai-Chi with Sucha <b>12 noon Lunch-RR-Donation</b> <b>12:30pm White Elephant Bingo</b> 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	<b>25</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Walmart 1:00pm Party Bridge	<b>26</b> 9:00am Wii 10:00am Internet Basics RR 10:00am Conversational Spanish 10:30am Current Events 10:30am Walking Club <b>11:00am Advanced Spanish RR</b> 11:00am Bible Study w/ Bill <b>12 noon Lunch-RR-Donation</b> 1:00pm Line Dancing 2:00pm Ballet Stretches 2:00pm Fast Bingo with Pat 2:30pm Tap Dance	<b>27</b> 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Goose Creek Bridge 10:00am Texas Hold'em 11:00am Stretch & Tone w/ Mary <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle <b>1:30pm King &amp; Queens Chess Club</b>	<b>28 Celebrate You</b> 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 10:00am Progressive Rummy <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Blanche 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs <b>1:30pm Bus Departs for Celebrate You</b> <b>8:00pm Beaux &amp; Belles Square Dances</b>
<b>31</b> 9:00am Stitch-In & Sewing <b>9:30am Headlines &amp; Footnotes</b> 10:30am Bid Whist 10:30am Walking Club 10:30am Giant Crossword Puzzle 10:45am Tai-Chi with Sucha <b>12 noon Lunch-RR-Donation</b> 12:30pm Stretch & Tone 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	<b>31</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wegmans 12:30pm Video "Young at Heart" 1:00pm Party Bridge	<b>31</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Walmart 1:00pm Party Bridge	<b>31</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Walmart 1:00pm Party Bridge	<b>31</b> 9:00am Coffee Chat <b>9:00am Beginning Bridge RR</b> 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Walmart 1:00pm Party Bridge

RR—Reservations Required


















# MAY 2010 MENU

## Senior Activity Center at Leesburg



Memorial Day  
May 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> <b>Baked Ham</b> <b>Sweet Potato</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>4.</b> <b>Beef Stew</b> <b>Noodles</b> <b>Vegetable Blend</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>5.</b> <b>Ham Quiche</b> <b>Escalloped Apples</b> <b>Tossed Salad</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>6.</b> <b>Sliced Turkey on bun</b> <b>Broccoli/Cheese</b> <b>Soup</b> <b>Chips</b> <b>Fruit</b> <b>Milk</b> 	<b>7.</b> <b>Baked Fish</b> <b>Baby Baked Potato</b> <b>Stewed Tomato</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 
<b>10.</b> <b>Italian Sausage on Bun</b> <b>Braised Cabbage</b> <b>Parslied Potato</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>11.</b> <b>Salisbury Steak</b> <b>Mashed Potato</b> <b>Green Beans</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>12.</b> <b>Chicken Fillets</b> <b>Macaroni/Cheese</b> <b>Spinach</b> <b>Fruit</b> <b>Milk</b> 	<b>13.</b> <b>Ham &amp; Cheese Sandwich</b> <b>Bean Soup</b> <b>Chips</b> <b>Fruit</b> <b>Milk</b> 	<b>14.</b> <b>Eggplant Parmesan</b> <b>Tossed Salad</b> <b>Garlic Bread</b> <b>Fruit</b> <b>Roll</b> <b>Milk</b> <div>NO MEAT</div>
<b>17.</b> <b>Fried Chicken</b> <b>Drumsticks</b> <b>Scalloped Potato</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>18.</b> <b>Escalloped Chicken and Noodles</b> <b>Green Beans</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>19.</b> <b>Baked Potato</b> <b>Broccoli/cheese</b> <b>Chili</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>20.</b> <b>Roast Beef</b> <b>Baked Potato</b> <b>Green Peas</b> <b>Roll</b> <b>Cake</b> <b>Milk</b> 	<b>21.</b> <b>Seafood Casserole</b> <b>Veggie Blend</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 
<b>24.</b> <b>Spaghetti/ Meat-sauce</b> <b>Tossed Salad</b> <b>Garlic Bread</b> <b>Fruit</b> <b>Milk</b> 	<b>25.</b> <b>Hot Dog on bun</b> <b>Baked Beans</b> <b>Greens</b> <b>Fruit</b> <b>Cobbler</b> <b>Milk</b> 	<b>26.</b> <b>Lasagna</b> <b>Garden Salad</b> <b>Garlic Bread</b> <b>Fruit</b> <b>Milk</b> 	<b>27.</b> <b>Chicken Patty Sandwich</b> <b>Macaroni Salad</b> <b>Chips</b> <b>Fruit</b> <b>Roll</b> <b>Milk</b> 	<b>28.</b> <b>Broccoli Cheese Casserole</b> <b>Sliced Carrots</b> <b>Fruit</b> <b>Cornbread</b> <b>Milk</b> <div>NO MEAT</div>
<b>31.</b> <b>Closed for Memorial Day</b> 	<b>Reservation Required:</b> Reserve Your Lunch at least 24 hours before the day you would like to attend. <b>Call</b> <b>703-737-8039</b>	<b>Cost of Meal</b> <b>\$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.</b>	 <p><i>Menu Subject to change due to the availability of products</i></p>	<b>NEW YMBOLS</b> PORK  POULTRY  BEEF  FISH 



# New Adventure in Music

**Chorus Director Needed**

**Singers Needed**

**Musicians Needed**

The Senior Activity Center at Leesburg is ready to start a

## **New Adventure in Music**

Enthusiasm and willingness to learn new songs a plus!

No experience necessary.

Must be willing to laugh and have fun!

Forms are available at the Senior Center to participate.



# Dulles South Senior Activity Center

## DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Dr.  
South Riding, VA 20152  
571-258-3883

## SPECIAL EVENTS

Please contact the Dulles Senior Activity Center for information about Special Events for seniors

### Lunch Bunch The British Pantry Wed., May 26th 11:30am-1:30pm

Tea, sandwiches, scones and more. Trip size limited. Must register.

## Senior Programs

### Activities AND EXERCISE



#### Yoga for Seniors w/ Marilyn

**Mon. Wed. & Fri., 11am**

Enjoy the benefits of a life with YOGA. This class practices yoga while seated in a chair for the benefit of all seniors. Improve your strength, balance and flexibility in this class. Try Laugh Yoga, you will leave this activity with a smile on your face.

#### Tai-Chi 24 with Long Mei

**Tues & Wed. 10:00am**

You will enjoy this very authentic form of exercise straight from the mainland of China.

#### Tai-Chi with Sucha

**Tues. 11:00am**

Join us in this beautiful form of exercise.

#### Line Dance

**Every Tues. 12:45pm**

Learn new dances that are fun and healthy.

#### English Chat

**Every Tues., & Wed. 1:00pm**

For those of us working on improving communication skills in English.

#### Yoga with Marilyn

**Every Thur., 11:00am  
Every Friday 1:00pm**

Traditional Yoga. Please bring your Yoga mat.

#### Mahjongg

**Please inquire at Center**  
Learn the traditional or Wright Patterson way of playing this ancient Chinese tile game.

#### Computer w/ Alfred

**Tues. 10:30am-1:00pm**  
Computer Help  
Please schedule class.

#### Sewing Circle

**Every Thurs. 11:00am**  
Bring your own supplies.

#### Art Forum with Clara

**Every Thurs. 1:00pm**  
List of supplies available from instructor.  
Class size limited.



#### Shopping at Kmart

**Every Monday 1:00pm**

#### Prayer Meeting

**Mon-Fri. 10:30am-11am**



Group meets in conference room. All welcome.

#### Library Outreach Services LCPL

**2nd Friday 11:00am**

LCPL visits D.S.S.A.C. for a monthly book/tape/CD exchange. Participants welcome to borrow books, etc. from the center's ever-growing library.

#### Advisory Board Meeting

**1st Tues. 1:00pm**

Meetings to fulfill the mission of the senior center.

#### One-on-One Support with Kathy Kehoe

**2nd & 4th Wed. 12:30-2:30pm**

Elder Case Manager of the Agency on Aging. Confidential, supportive counseling for aging issues. A sign up sheet is available in staff office; or call Kathy for questions about your appointment. 703-737-8741.

#### Loudoun Mobile Health Services

**3rd Tues. 11:00am**

Stop by and have your blood pressure and heart rate monitored monthly.

#### Games Galore

**1st, 2nd, 3rd. Thur. 12:30pm—2:00pm**

Start your weekend out right...PLAY. Jump start vocabulary with a good game of SCRABBLE, DOMINOES (all types), RUMMIKUB, Mah Jongg, ETC.

Please stop by & check out our facility. Join us for lunch or some other activity that we offer.

Dulles South Senior Activity Center  
Wonders:

### "How Well Do You Know Your Friends at D.S.S.A.C?"

You will be given three (3) clues. When you think you know who your friend at the center is, write it down on a slip of paper, place in the wooden collection box at the reception desk. All correct answers will be placed in one basket and there will be a drawing held on May 28, 2010 at 12:30pm in the dining room. The winner will receive a prize and will be recognized for noticing a friend at the D.S.S.A.C.

1. This friend is a very positive person.
2. This friend teaches other friends English
3. This friend was born in Vietnam.

**WHO IS IT?????**







*JOURNEY TO THE  
BETTER HALF OF LIFE*

Label Here



***May 2010  
Happy Mother's Day***

## **Senior Activity Center at Leesburg**

**May 3 & 17 - Headlines and Footnotes (NEW)**

**May 4 - La Nuit - Dinner Out RR**

**May 5 - Inova Health Van performing blood pressure checks**

**May 6 - Leesburg Senior Activity Center Advisory Board Meeting**

**May 6 - Senior Expo RR**

**May 10 & 24 - Investors Discussion Group**

**May 11 - Mother's Day Special Event RR**

**May 12 - Book Club - "The Night in Lisbon" by Erich Maria Remarque**

**May 13 - Diabetes Support Group**

**May 13 & 27 - Intergeneration King & Queens Chess Club**

**May 14 - Guest Speaker - History Club**

**May 19 - May Birthday Party RR**

**May 20 - Lunch Bunch to Red Apple in Leesburg RR**

**May 21 - Guest Speaker - Holistic Treatments**

**May 24 - White Elephant Bingo**

**May 28 - Celebrate You RR**

**May 31 - Center Closed for Memorial Day**

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to [Jackie Mayne @ 703-777-0358](mailto:Jackie.Mayne@703-777-0358)—215 Depot Court, SE, Leesburg, VA 20175 or via e-mail at [jackie.mayne@loudoun.gov](mailto:jackie.mayne@loudoun.gov). Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.